



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09114, Grapefruit, raw, pink and red, Florida

Report Date: June 30, 2017 10:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	91.56	16	0.057	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Energy	kcal	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Energy	kJ	126	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Protein	g	0.55	16	0.011	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Total lipid (fat)	g	0.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Ash	g	0.29	16	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Carbohydrate, by difference	g	7.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Fiber, total dietary	g	1.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Minerals													
Calcium, Ca	mg	15	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Iron, Fe	mg	0.12	3	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Magnesium, Mg	mg	8	16	0.625	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	9	16	0.725	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Potassium, K	mg	127	8	4.243	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Sodium, Na	mg	0	8	0.052	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.07	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Copper, Cu	mg	0.044	16	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Manganese, Mn	mg	0.010	16	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Selenium, Se	µg	1.4	5	0.315	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Vitamins													
Vitamin C, total ascorbic acid	mg	37.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Thiamin	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Riboflavin	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Niacin	mg	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Pantothenic acid	mg	0.283	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Vitamin B-6	mg	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE	µg	13	6	3.913	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	259	6	78.263	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
16:0	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
18:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Fatty acids, total monounsaturated	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
18:1 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Fatty acids, total polyunsaturated	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
18:2 undifferentiated	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
18:3 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan 1 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Threonine 1 2	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Isoleucine 1 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Leucine 1 2	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Lysine 1 2	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Methionine 1 2	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Cystine 1 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine 1 2	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Tyrosine 1 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Valine 1 2	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Arginine 1 2	g	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Histidine 1 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Alanine 1 2	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Aspartic acid 1 2	g	0.098	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Glutamic acid 1 2	g	0.141	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Glycine 1 2	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Proline 1 2	g	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Serine 1 2	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD
²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5e, 2001 Beltsville MD